



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

#### FISH AND WILDLIFE SERVICE

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#### WHITING, AN INEXPENSIVE FISH THAT IS A GOOD SOURCE OF PROTEIN

Market-wise shoppers are discovering that there are few more reasonably priced protein foods on the market than whiting. This mild flavored and tender textured fish is especially easy on the budget, reports the U. S. Fish and Wildlife Service.

The whiting is a groundfish, caught commercially in the cool waters of the North Atlantic and off New England and the middle Atlantic states. The bulk of the catch is cleaned and skinned, then frozen and packaged. It is sold as pan-dressed, split, or filleted whiting. It is popular in the Middle West, especially Kansas City -- where it is used in fried-fish sandwiches.

The following three recipes were developed and tested by home economists in the Kitchens of the U. S. Fish and Wildlife Service's technological laboratories at College Park, Maryland.

#### Oven Fried Whiting Fillets

2 pounds whiting fillets	1 cup milk
1 tablespoon salt	1 cup bread crumbs
4 tablespoons butter or other fat, melted	

Cut fillets into serving size portions. Add the salt to the milk and mix. Dip the fish in the milk and roll in crumbs; place in well greased baking pan. Pour melted fat over fish. Place pan on shelf near the top of a very hot oven 500° F. and bake 10 to 12 minutes or until fish flakes easily when tested with a fork. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

#### Fish Birds

2 pounds whiting fillets	Bread stuffing
1 teaspoon salt	4 tablespoons melted butter
1/8 teaspoon pepper	or other fat
	3 slices bacon (optional)

Remove skin from fillets. Sprinkle both sides with salt and pepper. Place a small ball of stuffing on each piece of fish. Roll fish around stuffing and fasten with toothpicks or skewers. Place rolls on a well greased baking pan. Brush tops with melted fat and lay  $\frac{1}{2}$  slice of bacon on the top of each. Bake in a moderate oven 350° F. for about 25 to 35 minutes depending on size. Remove carefully to a hot platter, take out fastenings, garnish and serve hot. Serves 6.

### Bread Stuffing

2 tablespoons onions, chopped	Dash pepper
$\frac{1}{4}$ cup celery, chopped	$\frac{1}{2}$ teaspoon thyme, sage or savory seasoning
3 tablespoons butter or other fat, melted	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon lemon juice	2 cups day old bread crumbs

Cook the onions and celery in the melted fat for about ten minutes. Add the cooked vegetables and seasonings to the bread crumbs, and mix thoroughly. If stuffing seems too dry, add a little water, milk or fish stock.

### Pan Fried Whiting

2 pounds pan-dressed whiting or fillets	1 egg
1 teaspoon salt	1 tablespoon milk or water
$\frac{1}{8}$ teaspoon pepper	1 cup bread crumbs

Cut fish into serving size portions. Sprinkle both sides with salt and pepper. Beat egg slightly, and blend in the milk. Dip fish in the egg and roll in crumbs. Place fish in a heavy frying pan which contains about  $\frac{1}{8}$  inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time about ten minutes depending on the thickness of the fish. Drain on absorbent paper. Serve immediately on a hot platter, plain or with a sauce. Serves 6.

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